

SPRING SWIM LESSON SCHEDULE

Save 15% on spring group lessons for children

Parkway Schedule

Monday, Wednesday, Friday
\$27 per 3 week session

Session A: March 15 - April 2
Session B: April 5 - April 23
Session C: April 26 - May 14
Session D: May 17 - June 4

No classes March 31 (Cesar Chavez) & May 31 (Memorial Day)

Loma Verde Schedule

Monday - Friday
\$30 per 2 week session

Session A: April 12 - April 23
Session B: April 26 - May 7
Session C: May 10 - May 21
Session D: May 24 - June 4

Parent and Tot (ages 6 months - 3 years)

Parkway

4:35 - 5:05 pm #7002
5:10 - 5:40 pm #7004

Loma Verde

4:00 - 4:30 pm #7001
5:10 - 5:40 pm #7003

Pre-School Aquatics (ages 4 - 5 years)

Parkway

4:35 - 5:05 pm #7102
5:10 - 5:40 pm #7104

Loma Verde

4:00 - 4:30 pm #7101
5:10 - 5:40 pm #7103

Learn to Swim (ages 6 - 16 years)

Parkway

4:00 - 4:30 pm #7202
5:45 - 6:15 pm #7204
6:20 - 6:50 pm #7206*

Loma Verde

4:35 - 5:05 pm #7201*
5:45 - 6:15 pm #7203
6:20 - 6:50 pm #7205

* Only level 1 & 2 are offered at these times

Swim Clinic (ages 6 - 17 years)

Parkway

6:20 - 6:50 pm #7302

Loma Verde

4:35 - 5:05 pm #7301

Adult Lessons (ages 17 + years) \$40 per session

Parkway

6:20 - 6:50 pm #7402

Loma Verde

6:20 - 6:50 pm #7401

Spring Private Swim Lessons (Ages 4 - adult)

2nd Participant is FREE

Parkway Schedule

Tuesday & Thursdays
\$120 per 3 week session

4:00 - 4:30 pm #7602
4:35 - 5:05 pm #7604
5:10 - 5:40 pm #7606
5:45 - 6:15 pm #7608
6:20 - 6:50 pm #7610

Loma Verde Schedule

Monday & Wednesdays
\$80 per 2 week session

4:00 - 4:30 pm #7601
4:35 - 5:05 pm #7603
5:10 - 5:40 pm #7605
5:45 - 6:15 pm #7607
6:20 - 6:50 pm #7609

FREE Achelous Club E-Mail List

Stay informed about aquatic programs by becoming a member of the Achelous club. Member benefits include early registration. E-mail your full name to aquatics@ci.chula-vista.ca.us to join.

FREE Aqua Fun and Fit (ages 8 - 14)

Part of the award winning fun to be fit program, this class teaches students to exercise and have fun in the water.

Fees: FREE Compliments of Las Primeras & Kaiser Permanente

Loma Verde: Tuesday & Thursdays [3:00 - 4:00 pm] #7701
Parkway: Monday & Wednesdays [3:00 - 4:00 pm] #7702

Session A: April 12 - April 23
Session B: April 26 - May 7
Session C: May 10 - May 21
Session D: May 24 - June 4
Session 4: July 26 - August 6
Session 5: August 9 - August 20
Session 6: August 23 - September 3

Loma Verde: Tuesday & Thursdays [2:15 - 3:15 pm] #7703
Parkway: Monday & Wednesdays [2:15 - 3:15 pm] #7704

Session 1: June 14 - June 25
Session 2: June 28 - July 9
Session 3: July 12 - July 23

Aqua Camp (Ages 9 - 14) at Parkway

This program offers a variety of aquatic programs including an introduction to lifeguarding, water polo, diving and snorkeling. Students will learn how to prepare healthy meals and ensure that they maintain a balanced diet. Lunch and snacks are provided.

SAVE 10% Compliments of Las Primeras

Fees: \$115 (March 22 - March 26 - Spring Break)

Monday - Friday 9:00 am - 4:00 pm #7706

SWIM LESSON REGISTRATION INFORMATION

Register on-line at www.chulavistaca.gov/goto/swim, at either aquatic facility or any Recreation Center.

Office Hours

Monday - Friday 9:15 - 11:45 am (June 14 - July 23)
3:00 - 7:00 pm

Saturday (Parkway) 9:15 - 11:45 am (April 3 - October 30)

Saturday (Loma Verde) 9:15 - 11:45 am (July 10 - August 28)

Registration for spring classes begins on March 1

Registration for summer classes begins on May 17

Refund Policy

Transfer, credits and refunds are issued under limited circumstances up to 72 hours prior to the start of the class. There is a \$5 processing fee for any transfer, credit or refund. To request a transfer/credit contact an Aquatic Supervisor at the facility that the class is scheduled.

The Chula Vista Elementary School District neither sponsors nor endorses this information, activity or organization.

Distribution of this material is provided by the District as a community service. Any questions or comments should be directed to Manuel Gonzalez, Aquatic Supervisor III at (619) 691-5099 or aquatics@ci.chula-vista.ca.us.

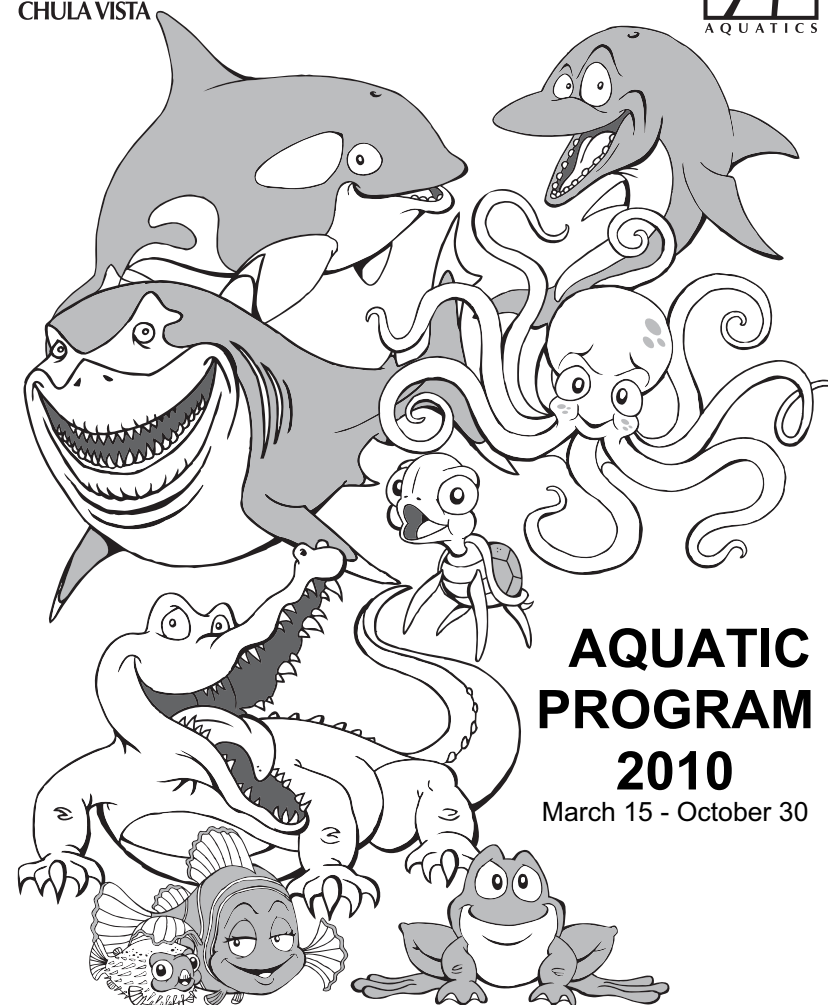


RECREATION DEPARTMENT

The Heart of the Neighborhood



CITY OF CHULA VISTA



AQUATIC PROGRAM 2010

March 15 - October 30

Loma Verde Family Aquatic Center

1420 Loma Lane
Chula Vista, CA 91911
(619) 691-5081

aquatics@ci.chula-vista.ca.us

Parkway Family Aquatic Center

385 Park Way
Chula Vista, CA 91910
(619) 691-5088

aquatics@ci.chula-vista.ca.us

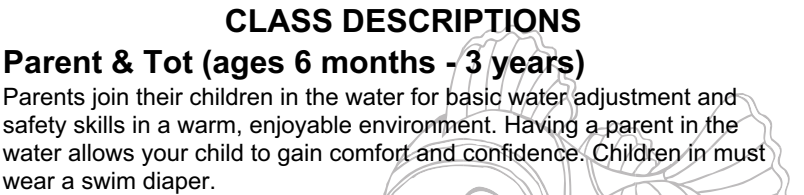
Visit our website for more detailed information

www.chulavistaca.gov/goto/swim

CLASS DESCRIPTIONS

Parent & Tot (ages 6 months - 3 years)

Parents join their children in the water for basic water adjustment and safety skills in a warm, enjoyable environment. Having a parent in the water allows your child to gain comfort and confidence. Children in must wear a swim diaper.



Pre-School Aquatics (ages 4 - 5 years)
Water adjustment safety skills and basic introductory swimming skills are presented in a fun environment. This class introduces children to aquatic instruction without a parent.

Learn to Swim Level 1 to 5 (ages 6 - 16 years)
Swimming skills and personal safety skills are taught to beginning, intermediate and advanced students. Children will be assessed on the first day of class to determine the most appropriate level to enhance their aquatic development. Enrollment in these classes can sometimes require that more than one level be combined.

Private Lessons (ages 4 - adults)
This is an affordable opportunity for up to 2 participants to receive extra attention from our most experienced instructors. Children benefit from the added personalized attention, and we cater class content to the specific needs of the student(s). The second child is free, but both students must have similar abilities.

Swim Clinic (ages 6 - 17 years)
Designed to bridge swim lessons with competitive swimming, this program provides focused instruction on the racing strokes and is a perfect introduction to swim team. Must be able to swim 25 yards crawl stroke.

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|----------------|---------------|------------------|---------------|
| 5:45 - 6:15 pm | #7302 (1 - 5) | 11:25 - 11:55 am | #7301 (1 - 3) |
| 6:20 - 6:50 pm | #7304 | 4:35 - 5:05 pm | #7303 |


Adult Lessons (ages 17 + years) \$40 per 2 weeks
Adult lessons are catered to meet the various needs of each individual. Participants should come prepared to tell the instructor what skills they want to be the focus of their instruction.

| Parkway | Loma Verde |
|----------------------|----------------------|
| 6:20 - 6:50 pm #7402 | 6:20 - 6:50 pm #7401 |

Junior Lifeguards (ages 9 - 14 years)
This class introduces basic first aid, CPR and water rescue techniques. Students must be able to swim 25 yards crawl stroke. This class is an exciting introduction to lifeguarding.
Fees: \$85 per 2 week session (Session 1 - 3)
Monday - Friday 9:00 am - 12:00 pm at Parkway #7708

Youth Diving Lessons (ages 7 - 17 years)
From the one step hurdle to complex dives, this program provides instruction and refinement for the beginner, intermediate and advanced diver. Participants must be able to swim 25 yards crawl stroke.
Fees: \$24 per 4 week session (Session A - B & 1 - 4)
Saturday 11:00 am - 12:00 pm at Parkway #7710

SUMMER SWIM LESSON SCHEDULE
Monday - Friday Classes
Fee: \$35 per 2 week session
Save 15% on session 6 & 7 (\$30 per 2 week session)
Session 1: June 14 - June 25
Session 2: June 28 - July 9
Session 3: July 12 - July 23
Session 4: July 26 - August 6
Session 5: August 9 - August 20
Session 6: August 23 - September 3
Session 7: September 6 - September 17
Session 8: September 20 - October 1 (private lessons only)
Session 9: October 4 - October 15 (private lessons only)
No classes July 5 (Independence Day) & September 6 (Labor Day)



Parent and Tot (ages 6 months - 3 years)

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|--------------------------------|---------------|--------------------------------|---------------|
| 10:50 - 11:20 am #7002 (1 - 3) | | 9:05 - 9:35 am #7001 (1 - 3) | |
| 11:25 - 11:55 am #7004 (1 - 3) | | 10:50 - 11:20 am #7003 (1 - 3) | |
| 4:00 - 4:30 pm #7006 | | 4:00 - 4:30 pm #7005 | |
| 4:35 - 5:05 pm #7008 | | 5:10 - 5:40 pm #7007 | |

Pre-School Aquatics (ages 4 - 5 years)

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|--------------------------------|---------------|--------------------------------|---------------|
| 9:40 - 10:10 am #7102 (1 - 3) | | 9:05 - 9:35 am #7101 (1 - 3) | |
| 10:50 - 11:20 am #7104 (1 - 3) | | 10:50 - 11:20 am #7103 (1 - 3) | |
| 11:25 - 11:55 am #7106 (1 - 3) | | 4:00 - 4:30 pm #7105 | |
| 4:00 - 4:30 pm #7108 | | 5:10 - 5:40 pm #7107 | |
| 4:35 - 5:05 pm #7110 | | | |

Learn to Swim (ages 6 - 16 years)

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|--------------------------------|---------------|---------------------------------|---------------|
| 9:05 - 9:35 am #7202 (1 - 3) | | 9:40 - 10:10 am #7201 (1 - 3) | |
| 9:40 - 10:10 am #7204* (1 - 3) | | 10:15 - 10:45 am #7203 (1 - 3) | |
| 10:15 - 10:45 am #7206 (1 - 3) | | 11:25 - 11:55 am #7205* (1 - 3) | |
| 3:25 - 3:55 pm #7208 (1 - 5) | | 3:25 - 3:55 pm #7207 (1 - 5) | |
| 5:10 - 5:40 pm #7210 | | 4:35 - 5:05 pm #7209* | |
| 5:45 - 6:15 pm #7212 | | 5:45 - 6:15 pm #7211 | |
| 6:20 - 6:50 pm #7214* | | 6:20 - 6:50 pm #7213* | |

** Only level 1 & 2 are offered at these times for session 6 & 7*

Morning Private Swim Lessons (Ages 4 - adult)
Fees: \$80 per 2 week session - 2nd child is FREE
Monday/Wednesday or Tuesday/Thursday Sessions

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|--------------------------------|---------------|--------------------------------|---------------|
| 9:05 - 9:35 am #7602 (1 - 3) | | 9:05 - 9:35 am #7601 (1 - 5) | |
| 9:40 - 10:10 am #7604 (1 - 3) | | 9:40 - 10:10 am #7603 (1 - 5) | |
| 10:15 - 10:45 am #7606 (1 - 3) | | 10:15 - 10:45 am #7605 (1 - 5) | |
| 10:50 - 11:20 am #7608 (1 - 3) | | 10:50 - 11:20 am #7607 (1 - 5) | |
| 11:25 - 11:55 am #7610 (1 - 3) | | 11:25 - 11:55 am #7609 (1 - 5) | |

SATURDAY CLASSES (Spring and Summer)
Fee: \$15 per 4 week session
Session A: April 3 - April 24
Session B: May 1 - May 22
Session 1: July 10 - July 31
Session 2: August 7 - August 28
Session 3: September 11 - October 2
Session 4: October 9 - October 30

Parent and Tot (ages 6 months - 3 years)

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|---------------------------------------|---------------|--------------------------------|---------------|
| 9:40 - 10:10 am #7010 (1 & 2) | | 9:05 - 9:35 am #7009 (1 & 2) | |
| 10:15 - 10:45 am #7012 (1 & 2) | | 10:50 - 11:20 am #7011 (1 & 2) | |
| 10:50 - 11:20 am #7014 (A & B, 3 & 4) | | | |

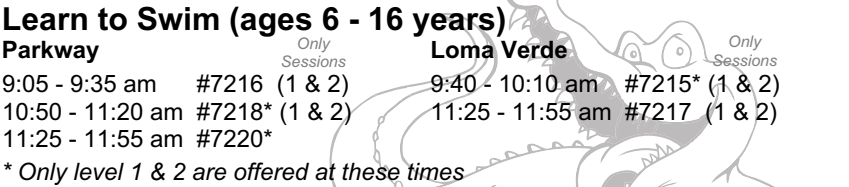
Pre-School Aquatics (ages 4 - 5 years)

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|--------------------------------|---------------|--------------------------------|---------------|
| 9:40 - 10:10 am #7112 (1 & 2) | | 9:05 - 9:35 am #7109 (1 & 2) | |
| 10:15 - 10:45 am #7114 (1 & 2) | | 9:40 - 10:10 am #7111 (1 & 2) | |
| 10:50 - 11:20 am #7116 | | 10:50 - 11:20 am #7113 (1 & 2) | |
| 11:25 - 11:55 am #7118 | | | |

Learn to Swim (ages 6 - 16 years)

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|---------------------------------|---------------|--------------------------------|---------------|
| 9:05 - 9:35 am #7216 (1 & 2) | | 9:40 - 10:10 am #7215* (1 & 2) | |
| 10:50 - 11:20 am #7218* (1 & 2) | | 11:25 - 11:55 am #7217 (1 & 2) | |
| 11:25 - 11:55 am #7220* | | | |

** Only level 1 & 2 are offered at these times*



Saturday Private Swim Lessons (Ages 4 - adult)
Fees: \$80 per 4 week session - 2nd child is FREE

| Parkway | Only Sessions | Loma Verde | Only Sessions |
|--------------------------------|---------------|--------------------------------|---------------|
| 9:05 - 9:35 am #7624 | | 9:05 - 9:35 am #7623 (1 & 2) | |
| 9:40 - 10:10 am #7626 | | 9:40 - 10:10 am #7625 (1 & 2) | |
| 10:15 - 10:45 am #7628 | | 10:15 - 10:45 am #7627 (1 & 2) | |
| 10:50 - 11:20 am #7630 (1 & 2) | | 10:50 - 11:20 am #7629 (1 & 2) | |
| 11:25 - 11:55 am #7632 (1 & 2) | | 11:25 - 11:55 am #7631 (1 & 2) | |

Summer Private Swim Lessons (Ages 4 - adult)
Fees: \$80 per 2 week session - 2nd child is FREE
Monday/Wednesday or Tuesday/Thursday Sessions

| Parkway | Loma Verde |
|----------------------|----------------------|
| 3:25 - 3:55 pm #7612 | 3:25 - 3:55 pm #7611 |
| 4:00 - 4:30 pm #7614 | 4:00 - 4:30 pm #7613 |
| 4:35 - 5:05 pm #7616 | 4:35 - 5:05 pm #7615 |
| 5:10 - 5:40 pm #7618 | 5:10 - 5:40 pm #7617 |
| 5:45 - 6:15 pm #7620 | 5:45 - 6:15 pm #7619 |
| 6:20 - 6:50 pm #7622 | 6:20 - 6:50 pm #7621 |